

ST. THOMAS'S EPISCOPAL CHURCH



THE DAY OF PENTECOST, ALSO KNOWN AS WHITSUNDAY – YEAR A Holy Eucharist

June 4, 2017

10:00 A.M.

Information for newcomers and visitors is located on the back page of this service bulletin.

Today is the **Day of Pentecost**. The term *pentecost* means “the fiftieth day.” In Jewish tradition, Pentecost is an old name used for a Jewish harvest festival, the Festival of Weeks (or *Shavu’ot*), which is celebrated seven weeks—fifty days—after Passover. In the New Testament, the coming of the Spirit happened on the day of Pentecost (Acts 2:1), shortly after Jesus’ death, resurrection, and ascension. Christians came to understand the meaning of Pentecost in terms of the gift of the Spirit—the fulfillment of a promise which Jesus gave concerning the return of the Holy Spirit. Christians celebrate Pentecost on the seventh Sunday after Easter. It emphasizes that the church is understood as the body of Christ which is drawn together and given life by the Holy Spirit. The Day of Pentecost is one of the seven principal feasts of the church year in the Episcopal Church. It is one of four feasts “especially appropriate” for baptism. The liturgical color for the feast is red. Pentecost has also been known as Whitsun or Whitsunday, a corruption of “White Sunday.” This term reflects the custom by which those who were baptized at the Vigil of Pentecost would wear their white baptismal garments to church on the Day of Pentecost. Because the church was “born” through the Holy Spirit on the original Day of Pentecost, some celebrate today as they would any birthday, complete with cake and candles.

[Adapted from *An Episcopal Dictionary of the Church: A User Friendly Reference for Episcopalians*, Don S. Armentrout and Robert Boak Slocum, editors (New York: Church Publishing).]

Today’s liturgy was designed to reflect and emphasize the Pentecost themes of the gift of Holy Spirit to believers of all tongues, and their strengthening for mission by the Holy Spirit. While the entire bulletin is printed in English, several languages will be used. The music is drawn from a variety of cultures. The Prayers of the Creed are drawn from the resources noted.

ORGAN VOLUNTARY

At the ringing of the bell, please stand.

PROCESSIONAL HYMN

Come down, O Love Divine (*Hymnal 1982 516*)

1 Come down, O Love di - vine, seek thou this soul of mine,
2 O let it free - ly burn, till earth - ly pas - sions turn
3 And so the yearn - ing strong, with which the soul will long,

and vis - it it with thine own ar - dor glow - ing;
to dust and ash - es in its heat con - sum - ing;
shall far out - pass the power of hu - man tell - ing;

O Com - fort - er, draw near, with - in my heart ap - pear,
and let thy glo - rious light shine ev - er on my sight,
for none can guess its grace, till Love cre - ate a place

and kin - dle it, thy ho - ly flame be - stow - ing.
and clothe me round, the while my path il - lum - ing.
where - in the Ho - ly Spi - rit makes a dwell - ing.

Words: Bianco da Siena (d. 1434?); tr. Richard Frederick Littledale (1833-1890), alt.
Music: *Down Ampney*, Ralph Vaughan Williams (1872-1958)

OPENING ACCLAMATION

Presider: Alleluia. Christ is risen.

People: **The Lord is risen indeed. Alleluia.**

Presider and People

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen.

KYRIE ELEISON

Kyrie for Pentecost *Lord, have mercy*

Ky - ri - e e - le - i - son. Chris - te e - le - i - son.

Ky - ri - e e - le - i - son. Se -

- ñor, ten pi - e - dad. Cris - to, ten pi - e - dad.

Se - ñor, ten pi - e - dad. Lord, have mer - cy.

Christ, have mer - cy. Lord have mer - cy on us.

Music: Carl MaultsBy
Setting: © 1998 Malted Milk Music

THE SALUTATION AND COLLECT OF THE DAY

Presider: The Lord be with you.

People: And also with you.

Presider: Let us pray.

O God, who on this day taught the hearts of your faithful people by sending to them the light of your Holy Spirit: Grant us by the same Spirit to have a right judgment in all things, and evermore to rejoice in his holy comfort; through Jesus Christ your Son our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. **Amen.**

All are seated.

THE FIRST LESSON

ACTS 2:1-21

The first part of the lesson is read in Swahili.

When the day of Pentecost had come, the disciples were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.

Now there were devout Jews from every nation under heaven living in Jerusalem. And at this sound the crowd gathered and was bewildered, because each one heard them speaking in the native language of each. Amazed and astonished, they asked, "Are not all these who are speaking Galileans? And how is it that we hear, each of us, in our own native language? Parthians, Medes, Elamites, and residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya belonging to Cyrene, and visitors from Rome, both Jews and proselytes, Cretans and Arabs-- in our own languages we hear them speaking about God's deeds of power." All were amazed and perplexed, saying to one another, "What does this mean?" But others sneered and said, "They are filled with new wine."

The lesson continues in Tagalog (Filipino).

But Peter, standing with the eleven, raised his voice and addressed them, "Men of Judea and all who live in Jerusalem, let this be known to you, and listen to what I say. Indeed, these are not drunk, as you suppose, for it is only nine o'clock in the morning. No, this is what was spoken through the prophet Joel:

'In the last days it will be, God declares,
that I will pour out my Spirit upon all flesh,
and your sons and your daughters shall prophesy,
and your young men shall see visions,
and your old men shall dream dreams.

Even upon my slaves, both men and women,
in those days I will pour out my Spirit;
and they shall prophesy.

And I will show portents in the heaven above
and signs on the earth below,
blood, and fire, and smoky mist.
The sun shall be turned to darkness
and the moon to blood,
before the coming of the Lord's great and glorious day.
Then everyone who calls on the name of the Lord shall be saved.' ”

Reader: The Word of the Lord.

People: **Thanks be to God.**

PSALM 104:25-35, 37

Benedic, anima mea

- 25 O Lord, how manifold are your works!
in wisdom you have made them all; *
the earth is full of your creatures.
- 26 Yonder is the great and wide sea
with its living things too many to number, *
creatures both small and great.
- 27 There move the ships, and there is that Leviathan, *
which you have made for the sport of it.
- 28 All of them look to you *
to give them their food in due season.
- 29 You give it to them; they gather it; *
you open your hand, and they are filled with good things.
- 30 You hide your face, and they are terrified; *
you take away their breath, and they die and return to their dust.
- 31 You send forth your Spirit, and they are created; *
and so you renew the face of the earth.
- 32 May the glory of the Lord endure for ever; *
may the Lord rejoice in all his works.
- 33 He looks at the earth and it trembles; *
he touches the mountains and they smoke.
- 34 I will sing to the Lord as long as I live; *
I will praise my God while I have my being.
- 35 May these words of mine please him; *
I will rejoice in the Lord.
- 37 Bless the Lord, O my soul. *
Hallelujah!

THE SECOND LESSON

1 CORINTHIANS 12:3b-13

The lesson is read in Turkish.

No one can say “Jesus is Lord” except by the Holy Spirit. Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone. To each is given the manifestation of the Spirit for the common good. To one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge according to the same Spirit, to another faith by the same Spirit, to another gifts of healing by the one Spirit, to another the working of miracles, to another prophecy, to another the discernment of spirits, to another various kinds of tongues, to another the interpretation of tongues. All these are activated by one and the same Spirit, who allots to each one individually just as the Spirit chooses.

For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in the one Spirit we were all baptized into one body-- Jews or Greeks, slaves or free-- and we were all made to drink of one Spirit.

Reader: The Word of the Lord.

People: **Thanks be to God.**

All stand.

SEQUENCE HYMN

Wade in the Water (*Levas* 143)

Wade in the wa - ter, wade in the wa - ter, chil - dren,

Wade in the wa - ter, God's a-gon-na trou-ble the wa - ter. **Fine**

1. See that host all dressed in white,
2. See that band all dressed in red,
3. Look o - ver yon-der, what do I see?
4. If you don't be-lieve I've been re - deemed,

God's a-gon-na trou-ble the

1. The lead - er looks like the Is - ra - elite,
 wa - ter.
 2. Looks like the band that Mo - ses led,
 3. The Ho - ly Ghost a - com - ing on me,
 4. Just fol - low me down to Jor - dan's stream,

God's a - gon - na trou - ble the wa - ter. *D.C.*

Words: Traditional

Music: Negro Spiritual, arr. Carl Haywood (b. 1949), from *The Haywood Collection of Negro Spirituals*

THE GOSPEL

JOHN 7:37-39

Priest: The Holy Gospel of our Lord Jesus Christ according to John.

People: **Glory to you, Lord Christ.**

The Gospel is read in Koine (New Testament) Greek.

On the last day of the festival, the great day, while Jesus was standing there, he cried out, "Let anyone who is thirsty come to me, and let the one who believes in me drink. As the scripture has said, 'Out of the believer's heart shall flow rivers of living water.'" Now he said this about the Spirit, which believers in him were to receive; for as yet there was no Spirit, because Jesus was not yet glorified.

Priest: The Gospel of the Lord

People: **Praise to you, Lord Christ.**

All are seated.

THE SERMON

After the Sermon, there follows a short period of silent reflection. Then all stand.

THE MASAI CREED

[Collected by Jaroslav Pelikan in his Book Credo]

Presider and People

**We believe in the one High God,
 who out of love created the beautiful world
 and everything good in it.**

He created Man and wanted Man to be happy in the world.

God loves the world and every nation and tribe on the Earth.

We have known this High God in darkness,
and now we know Him in the light.

God promised in the book of His word, the Bible,
that He would save the world and all the nations and tribes.

We believe that God made good His promise by sending His Son, Jesus Christ,
a man in the flesh, a Jew by tribe, born poor in a little village,
who left His home and was always on safari doing good,
curing people by the power of God,
teaching about God and man,
showing the meaning of religion is love.

He was rejected by his people,
tortured and nailed hands and feet to a cross, and died.

He lay buried in the grave,
but the hyenas did not touch him,
and on the third day, He rose from the grave.

He ascended to the skies. He is the Lord.

We believe that all our sins are forgiven through Him.

All who have faith in Him must be sorry for their sins,
be baptized in the Holy Spirit of God,
live the rules of love and share the bread together in love,
to announce the Good News to others until Jesus comes again.

We are waiting for Him. He is alive. He lives. This we believe. Amen.

THE PRAYERS OF THE PEOPLE

["A Litany for the Mission of the Church" from the Book of Occasional Services]

Intercessor: Holy God, in whom all things in heaven and earth have their being,

People: Have mercy on us.

Intercessor: Jesus the Christ, through whom the world is reconciled to the Father,

People: Have mercy on us.

Intercessor: Holy Spirit, whose glory fills the world and searches the depths of God,

People: Have mercy on us.

Intercessor: Blessed Trinity, source of both unity and diversity,

People: Have mercy on us.

Intercessor: O God, we pray for the gifts of ministry. Inspire our minds with a vision Of
our kingdom in this time and place.

People: Hear us, O Christ.

Intercessor; Touch our eyes, that we may see your glory in all creation.

People: Hear us, O Christ.

Intercessor: Touch our ears, that we may hear from every mouth the hunger for hope and
stories of refreshment.

People: Hear us, O Christ.

Intercessor: Touch our lips, that we may tell in every tongue and dialect the wonderful works of God.

People: Hear us, O Christ.

Intercessor: Touch our hearts, that we may discern the mission to which you call us.

People: Hear us, O Christ.

Intercessor: Touch our feet, that we may take your Good News into our neighborhoods, communities, and all parts of the world.

People: Hear us, O Christ.

Intercessor: Touch our hands, that we may each accomplish the work you give us to do.

People: Hear us, O Christ.

Intercessor: Strengthen and encourage all who minister in your name in lonely, dangerous and unresponsive places.

People: Hear us, O Christ.

Intercessor: Open the hearts and hands of many to support your Church in this and every place.

People: Hear us, O Christ.

Presider

O God, you have made of one blood all the peoples of the earth, and sent your blessed Son to preach peace to those who are far off and to those who are near: Grant that people everywhere may seek after you and find you, bring the nations into your fold, pour out your Spirit upon all flesh, and hasten the coming of your kingdom; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.
Amen.

THE PEACE

Presider: The peace of the Lord be always with you.

People: And also with you.

People remain seated for the Offertory Anthem, during which the collection is taken.

OFFERTORY ANTHEM

Come, Holy Ghost, our souls inspire,
And lighten with celestial fire;
Thou the anointing spirit art,
Who dost Thy sevenfold gifts impart:
Thy blessed unction from above
Is comfort, life and fire of love.

Enable with perpetual light
The dullness of our bliinded sight:
Annoint and cheery our soiled face
With the abundance of Thy grace:
Keep far our foes, give peace at home
Where Thou art Guide no ill can come.

Come, Holy Ghost

Teach us to know the Father, Son,
And Thee of Both, to be but One;
That through the ages all along
This may be our endless song,
Praise to Thy eternal merit,
Father, Son and Holy Spirit.

Music: Thomas Atwood (1765-1838)

During the singing of the **Offertory Hymn**, the Usbers carry the gifts forward. The People follow and encircle the altar. You are encouraged to position children where they can see. Small children may sit with a caregiver on the floor in front of the altar. Standing time is approximately 15 minutes. If you are unable to stand, you may sit in one of the chairs arranged near the altar, move to the front row of pews, or remain where you are.

OFFERTORY HYMN

Come, Thou fount of every blessing (LEVAS 111)

1. Come, Thou fount of ev - ery bless - ing, Tune my heart to sing thy
 2. Here I raise my Eb - en - e - zer, Hith - er by thy help I'm
 3. O, to grace how great a debt - or, Dai - ly I'm con - strained to

1. grace; Streams of mer - cy nev - er ceas - ing, Call for songs of loud - est
 2. come; And I hope, by thy good pleas - ure, Sure - ly to ar - rive at
 3. be; Let that grace, Lord, like a fet - ter, Bind my wan - d'ring heart to

1. praise. Teach me some me - lo - dious son - net, Sung by flam - ing tongues a -
 2. home. Je - sus sought me when a stran - ger, Wan - d'ring from the fold of
 3. Thee. Prone to wan - der, Lord, I feel - it, Prone to leave the God I

1. bove. Praise the mount, O fix me on it. Mount of God's un - chang - ing love.
 2. God. He, to save my soul from dan - ger, In - ter - posed His pre - cious blood.
 3. love. Here's my heart, Lord, take and seal it, Seal it from thy courts a - bove.

Words: Robert Robinson (1735-1790)

Music: Nettleton, melody from *A Repository of Sacred Music, Part II*, 1813; harm. Carl Haywood (b. 1949) from *Songs of Praise*

THE GREAT THANKSGIVING: EUCHARISTIC PRAYER B

Portions of the Eucharistic Prayer will be said by a layperson in either Spanish or French.

Presider: The Lord be with you.

People: **And also with you.**

Presider: Lift up your hearts.

People: **We lift them to the Lord.**

Presider: Let us give thanks to the Lord our God.

People: **It is right to give God thanks and praise.**

Presider

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

Through Jesus Christ our Lord. In fulfillment of his true promise, the Holy Spirit came down on this day from heaven, lighting upon the disciples, to teach them and to lead them into all truth; uniting peoples of many tongues in the confession of one faith, and giving to your Church the power to serve you as a royal priesthood, and to preach the Gospel to all nations.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

SANCTUS

Santo, santo, santo [*Holy, holy, holy*] (*Wonder, Love, and Praise* 785)

San - to, san - to, san - to, mi cor - a - zon te a - do - ra! Mi
Ho - ly, ho - ly, ho - ly, my heart, my heart a - dores you! My

cor - a - zon te sa - be de - cir: san - to e - res Se - ñor.
heart is glad to say the words: you are ho - ly, Lord.

Words: Variation on a traditional liturgical text

Music: Composer of melody unknown; arr. based on a two-part version as taught by Pablo D. Sosa (b. 1933)

Presider

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you

sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O Father,

Presider and People

**We remember his death,
We proclaim his resurrection,
We await his coming in glory;**

Presider

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with Mary, Thomas, and all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and forever. **AMEN.**

THE LORD'S PRAYER

And now, as our Savior Christ has taught us, we are bold to say:

You are invited to say the Lord's Prayer in the language of your choice.

**Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,**

**as we forgive those
who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,
forever and ever. Amen.**

THE BREAKING OF THE BREAD

The Presider breaks the consecrated bread. A period of silence is kept.

FRACTION ANTHEM

Hallelujah! We sing your praises! [*Halleluya! Pelo tso rona*]
(*Wonder, Love, and Praise 740*)

Hal - le - lu - jah! We sing your prais - es! All our
Ha - le - lu - ya! Pe - lo tsa ro - na, di tha -

hearts are filled with glad - ness! Hal - le - lu - jah! We sing your
bi - le ka - o - fe - la. Ha - le - lu - ya! Pe - lo tsa

prai - ses! All our hearts are filled with glad - ness!
ro - na, di tha - bi - le ka - o - fe - la.

Christ the Lord to us said: "I am wine, I am bread, I am
Je - sus says to us still: "All who do the Lord's will, all who

wine, I am bread, give to all who thirst and hun - ger!"
do the Lord's will are my sis - ters and my bro - thers." *D.C.*

Words South African

Music *Halleluya! Pelo tso rona*, South African

Presider

The Gifts of God for the People of God. [Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.]

All are invited to receive Holy Communion at God's table in this church. Please proceed to the most conveniently located station to receive communion, and then return to your seat via a side aisle. Gluten-free bread is available at any station. Non-alcoholic wine is available from the server at the center of the altar. To receive a blessing instead of communion, approach the priest with your arms crossed over your chest.

COMMUNION ANTHEM

Ubi caritas

*Ubi caritas et amor, Deus ibi est.
Congregavit nos in unum Christi amor.
Exsultemus, et in ipso jucundemur.
Timeamus, et amemus Deum vivum.
Et ex corde diligamus nos sincero.
Amen.*

Where charity and love are, God is there.
Christ's love has gathered us into one.
Let us rejoice and be pleased in Him.
Let us fear, and let us love the living God.
And may we love each other with a sincere heart.
Amen.

Music: Gabriel Rhys Simerson (b. 1998)

Text: Antiphon at the foot-washing on Maundy Thursday

After all have received communion, the People remain seated for a period of silence. Then all stand.

THE POST-COMMUNION PRAYER

Presider

Let us pray.

Presider and People

**Eternal God, heavenly Father,
you have graciously accepted us
as living members of your Son our Savior Jesus Christ,
and you have fed us with spiritual food
in the Sacrament of his Body and Blood.
Send us now into the world in peace,
and grant us strength and courage
to love and serve you with gladness and singleness of heart;
through Christ our Lord. Amen.**

SEASONAL BLESSING FOR THE DAY OF PENTECOST

May Almighty God, who enlightened the minds of the disciples by pouring out upon them the Holy Spirit, make you rich with his blessing, that you may abound more and more in that Spirit for ever. **Amen.**

May God, who sent the Holy Spirit as a flame of fire that rested upon the heads of the disciples, burn out all evil from your hearts, and make them shine with the pure light of his presence. **Amen.**

May God, who by the Holy Spirit caused those of many tongues to proclaim Jesus as Lord, strengthen your faith and send you out to bear witness to him in word and deed. **Amen.**

And the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be upon you and remain with you for ever. **Amen.**

FINAL HYMN

We're Marching to Zion (LEVAS 12)

1. Come, we that love the Lord, And let our joys be known; Join
 2. Let those refuse to sing Who never knew our God; But
 3. The hill of Zion yields A thousand sacred sweets; Be
 4. Then let our songs abound, And every tear be dry; We're

1. in a song with sweet accord, Join in a song with sweet ac -
 2. children of the heav'n - ly King, But children of the heav'n - ly
 3. fore we reach the heav'n - ly fields, Be - fore we reach the heav'n - ly
 4. march - ing through Im - man - uel's ground, We're march - ing thro' Im - man - uel's

1. cord, And thus sur - round the throne, And thus sur - round the throne.
 2. King, May speak their joys a - broad, May speak their joys a - broad.
 3. fields, Or walk the gold - en streets, Or walk the gold - en streets.
 4. ground, To fair - er worlds on high, To fair - er worlds on high.

We're march - ing to Zi - on, Beau - ti - ful, beau - ti - ful
 We're march - ing on to Zi - on,

Zi - on; We're march - ing up - ward to Zi - on,
 Zi - on, Zi - on,

The beau - ti - ful cit - y of God.

Words: Isaac Watts (1674-1748)
 Music: Robert S. Lowry (1826-1899)

DISMISSAL

Priest: *[A priest dismisses the people.]* Alleluia, Alleluia!

People: **Thanks be to God. Alleluia, Alleluia!**

ORGAN VOLUNTARY

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ST. THOMAS'S EPISCOPAL CHURCH & DAY SCHOOL

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If you are new or visiting ...

Welcome! After the service, you are invited to attend Coffee Hour (in the Lounge on the second floor).

Education for all ages: On most Sundays during the academic year, education for all ages takes place from 9 to 9:45 A.M. Sunday school is offered for children pre-K through grade 8; adult education takes place in The Lounge.

Families with small children: Two seating areas at the front of the church are reserved for families with small children: the area under the array of paper cranes (for children age 3 and under); and the area in front of the left side of the pews (for children age 10 and under). For safety, every child should be accompanied by a caregiver.

Restrooms for men and women are located on the second floor. Go through the red double doors at the front of the church, up the stairs to the left, and to the far end of the hallway. An **all-gender restroom (with baby changing table)** in the Vesting Room, located opposite the red double doors at the front of the church.

At St. Thomas's, the people gather around the altar for the celebration of the Eucharist. While this may be unfamiliar to you, most find it to be a powerful experience of true communion.

All are invited to receive Holy Communion. Baptism is not required. There are usually two Communion stations, located at the front corners of the altar. **Gluten-free bread** is available at each station. **Non-alcoholic wine** is available only from the server at the center of the altar. Any difference will be explained during the announcements.

To receive Holy Communion: The server will place the bread in your hands. Wine is sipped from the common cup; please use both hands to guide the chalice to your lips. This is the most sanitary option. Some people “intinct” (dip the bread into the wine), or receive bread only, or request only a blessing. Additional instructions for communion and for worship more generally are included at appropriate points in the bulletin.